

Checking Your Blood Pressure

Before You Begin

- ☐ **No coffee**
in the last 30 minutes.



- ☐ **No tobacco**
in the last 30 minutes.



- ☐ **No meals or exercise**
within 2 hours.

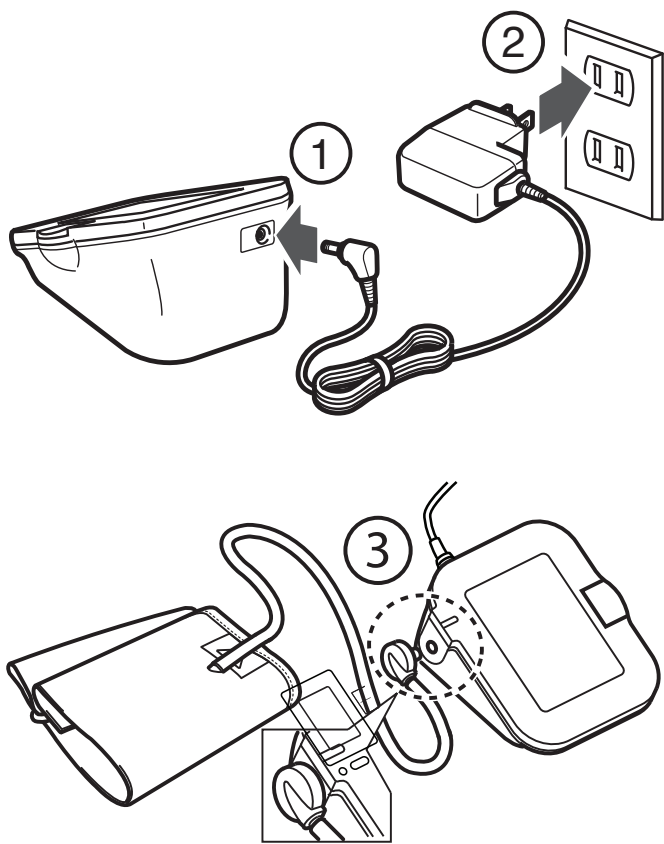


- ☐ **Visit the rest room**
A full bladder can affect the reading.



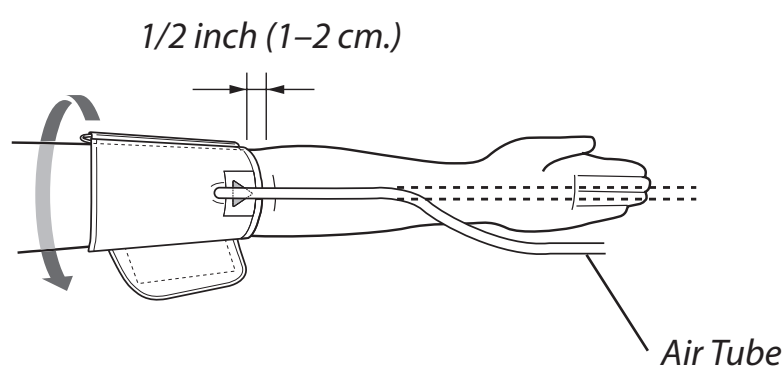
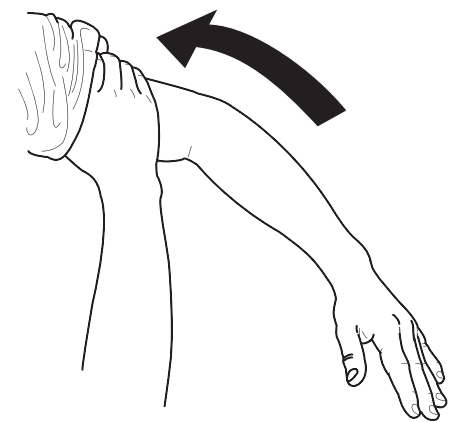
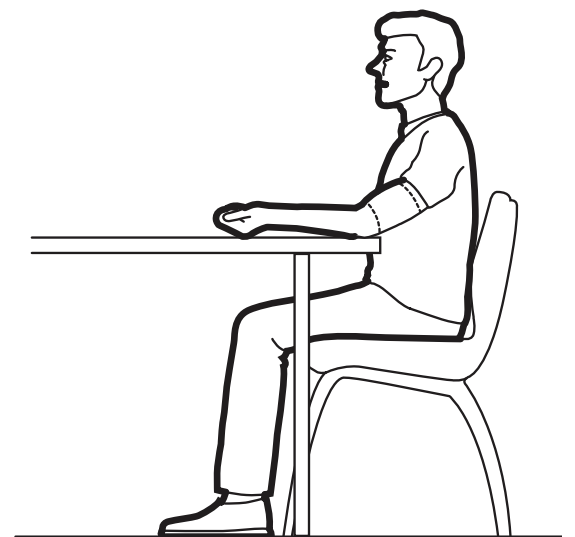
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Getting Ready



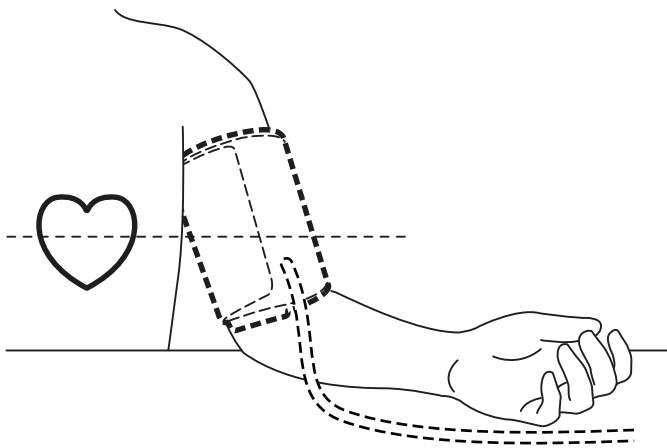
- ◆ Insert the AC adapter plug into the AC adapter jack (1) and plug into an outlet (2).
- ◆ Select the correct blood pressure cuff size. Wipe the inside of the cuff with a disinfectant wipe.
- ◆ Insert the air plug securely into the main unit (3).

- ◆ Sit quietly in a chair for 5 minutes before measuring.
- ◆ Keep your back supported and feet flat on the ground.
- ◆ Use the same arm each time you take your blood pressure.
- ◆ Remove tight-fitting clothing from your upper arm.
- ◆ The bottom of the cuff should be about a half inch above your elbow.



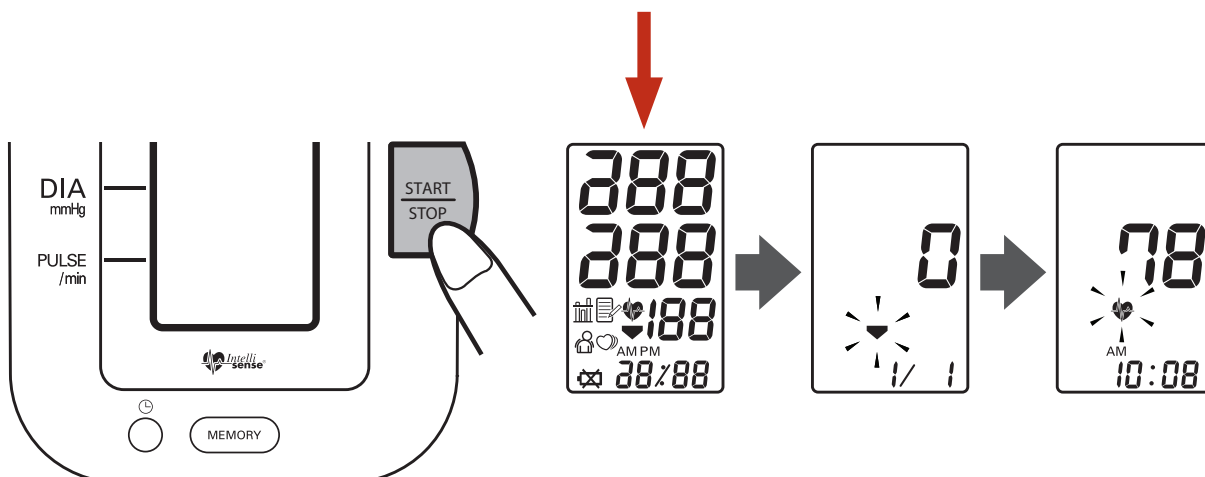
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Taking Your Blood Pressure



- ◆ Support your arm at the level of your heart on a table or high armrest.
- ◆ Stay in a seated position.
- ◆ Avoid talking when taking a measurement.

- ◆ **Take 3 readings, each 2 minutes apart.**
- ◆ Press the START/STOP button on the monitor. Display symbols will appear on the screen.



- ◆ The cuff will inflate on its own and feel tight for a few seconds.
- ◆ The cuff will relax and display the reading. Record the reading.
- ◆ Press STOP.
- ◆ Wait two minutes. Repeat these steps for a total of three readings.

Checking Your Blood Pressure

What The Numbers Mean

Know your numbers – write them down!

- ◆ Write down blood pressure and pulse rate numbers displayed on the screen.
- ◆ **If the reading is very different from what you expected, please see your doctor to confirm the reading.**
- ◆ Also, make a note on the comment sheet so that we can check out any problems with the equipment.

Within Healthy Range: Less than 120 <i>systolic</i> Less than 80 <i>diastolic</i>	Excellent! This is right where it should be and is a normal blood pressure.
Approaching High Risk: 120–139 <i>systolic</i> 80–89 <i>diastolic</i>	This is getting up there. You should recheck it within 2 weeks and begin lifestyle changes that can help keep it from becoming full blown hypertension.
In High Range: See a doctor soon 140–170 <i>systolic</i> 90–100 <i>diastolic</i>	Your blood pressure is high. You should see a doctor.
High Reading: Seek medical care now 170 or higher <i>systolic</i> 100 or higher <i>diastolic</i>	Your blood pressure is very high. Seek medical care now!

Created by the Heart Disease & Stroke Prevention Program, Washington State Department of Health



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